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SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 20

Solutions to dating dilemma

Expert says you just have to put down your guard and not be afraid to approach that certain someone PAGE 4

The swagger of James Bond

007 has always had a style to die for PAGE 21

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Abductor originally planned to take victim's brother: Police

Sentencing hearing. Crown wants Randall Hopley declared a dangerous offender

The man who abducted a three-year-old British Columbia boy before returning him unharmed four days later had initially considered taking the child's older brother, his sentencing hearing was told Wednesday.

Randall Hopley, 46, has already pleaded guilty to abducting three-year-old Kienan Hebert from the boy's home in Sparwood, a southeastern B.C. town not far from the Alberta boundary, last September. The boy was returned unharmed and Hopley was later arrested at a nearby Bible camp.

The Crown is considering asking that Hopley, who covered his face as he arrived at a courthouse in Cranbrook be designated a dangerous or long-term offender.

After his arrest, Hopley told police he planned the abduction a couple of days in advance. He said he chose the Hebert home because the door was unlocked, it was in a remote new neighbourhood, and "it was easy to tell" there were children inside because of the number of toys outside.

He originally walked into the home at 1:30 a.m. into a room shared by Kienan and his six-year-old brother, Caleb, who has had three heart surgeries. He saw a photo of Caleb with a note written underneath that referenced the surgery.

"I thought, 'No. If I do grab him, the kid could get startled and have a heart attack,'" Hopley told a police officer in a videotaped confession, which was played in court.

"You could end up with a dying child, a dead child. So I went out for an hour's walk and later came back and took Kienan out."

Hopley said he was worried that he might have grabbed the wrong child, so he checked Kienan's chest for heart surgery scars.

"When I grabbed Kienan, I basically bolted with him," said Hopley during the six-hour interview.

"He was so heavy, he was like a brick. It wore me out in less than half a block and then he started crying that his feet were cold."

Hopley, who turns 47 next week, sat in court Wednesday wearing grey jogging pants and a golf shirt that was striped red, charcoal, light grey and white. His feet were shackled and he looked down during most of the hearing.

Included in video was a face-to-face meeting between Hopley and Kienan's father, Paul Hebert.

"Thank you for bringing him back," said Hebert.

THE CANADIAN PRESS

Apology the big break

- The court heard it was Hopley's desire to apologize that led police to him.
- He turned to Facebook to post an apology, allowing police to use his IP address to trace his location to the Crowsnest Lake Bible Camp.

Randall Hopley covers his face as he is taken into his sentencing hearing at the courthouse in Cranbrook, Wednesday. BILL GRAVELAND/THE CANADIAN PRESS

Issues at two private clinics

Vancouver facilities told to fix some billing practices PAGE 2

Lumber ruling 'total victory'

Tribunal says Canada played fair regarding softwood PAGE 16

Kale, pesto & pasta in a pot

Recipe perfect for those on a gluten-free diet PAGE 22

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NEWS

On the web

Florida robbery reignites law debate

Florida's controversial "Stand Your Ground" law is back in the news after an elderly man brazenly shot and wounded two people during an attempted robbery at an Internet café. Go to metronews.ca to watch the shocking video.

Mobile news

A zoo in Ukraine is now home to a group of white lion cubs that can only be described as heart-meltingly cute. Scan the code to see photos of these cuddly predators eagerly awaiting feeding time.

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A berry good time at the farmer's-market festival

A young shopper eyes the colourful fruits of summer at the Main Street Station Farmers' Market Berry Festival Wednesday afternoon. Community members held a blueberry muffin bake-off, picked up recipes and tips on preserving and cooking local berries, and even tasted the goods in a pie-eating contest for a small donation. The farmers' market next to the Main Street SkyTrain station runs Wednesdays from 3 to 7 p.m. KATE WEBB/METRO

Private health clinics billing extra: Audit

Order. Two clinics told to stop the practice within 30 days

Two private health clinics in Vancouver have been found to be illegally billing patients for services covered by the public system and have been ordered to stop or face court action.

The order from the B.C. Medical Services Commission involves Cambie Surgeries Corp. and the Specialist Referral Clinic, which are owned by the same company.

Commission chair Tom Vincent said an audit found more than 200 cases in which the clinics billed patients for medical services that are funded under the provincial health plan, which violates the B.C.'s Medicare Protection Act.

Vincent said the clinics have been told to stop the practice within 30 days or the commission will seek a court injunction. But Vincent said the commission has no power to impose financial penalties or recover funds from the clinics.

B.C.'s Health Minister Mike de Jong declined to speculate on what might happen if the clinics don't follow the order.

"I'm not going to speculate beyond that point as to what further enforcement actions the medical-services commission would take," said de Jong.

De Jong pointed out the province has pledged to abide by the provisions of the Canada Health Act. The federal government has the power to deny health-care funding for violations of the Canada Health Act, but de Jong said B.C. taxpayers wouldn't be on the hook if that happens. Instead, he said the province would be seeking compensation if penalized.

De Jong said the initial investigation into the clinics stemmed from private complaints from the clinic's clients going back "a number of years."

But private-clinic advocate Dr. Brian Day, who heads both clinics, said the audit is a waste of money because his business has never tried to hide how it operates. He said bureaucrats "attacking" the clinic are doing so out of self-preservation.

"Why do you need to go through this process of spending two years auditing a clinic to find out something they freely admit they do?" said Day.

Day also said the initial complaint that led to the audit was made by a client of another private clinic, and his operation is under scrutiny because of its high profile.

He intends to fight any attempt at an injunction with the argument it would deny health care to those in need, but said the clinic will obey the court's decision. THE CANADIAN PRESS

Medical bill

$500,000

Bills for medical services charged to patients that are already publicly funded totalled $500,000.

The landslide at Johnsons Landing
THE CANADIAN PRESS

Landslide. Search for answers futile?

A Simon Fraser University geologist believes the government will be hard pressed to find meaningful answers in its review of the fatal Johnsons Landing landslide.

Two bodies have been retrieved so far and two more people are presumed dead after a massive slide devastated the area and destroyed three homes last Thursday.

The provincial government announced a review into the disaster, but SFU expert Dr. Brent Ward thinks tangible answers will be hard to come by.

Ward said he and many of his colleagues are shocked at the magnitude of the slide. "It's surprising. Some of the houses looked like they were in a relatively safe and protected by a ridge," he said.

Unlike the latest landslides at Fairmont Hot Springs and near Castlegar, Ward said Johnsons Landing isn't located on a slope typically prone to slides.

The unusual size of the slide and unique characteristics will make it tough for the government to learn much in the way of prevention.

"Because of the mountainous terrain and the precipitation we have, B.C. gets a lot of landslides. Even if the review comes forward with findings, it will be exceedingly difficult to evaluate everywhere."

MATT KIELTYKA/METRO

New motion. Mayor backs video-game industry

Mayor Gregor Robertson wants to throw a "1-up" to the city's dwindling video-game industry.

Robertson will introduce a motion at council next week calling for the provincial government to "close the gap with the incentive programs in other Canadian provinces." This comes after Rockstar Games announced it will move its award-winning Vancouver studio to Ontario.

Under the Ontario Interactive Media Tax Credit, Rockstar is eligible to receive up to a 37.5 per cent credit on income tax — whereas B.C. offers a 17.5 per cent discount through the Digital Animation or Visual Effects credit.

Rockstar's announcement came a week after another big Vancouver studio, Radical Games, shut down.

On Wednesday, Capcom Vancouver announced it will lay off seven per cent of its staff. The layoffs have sparked concern that Vancouver's cluster of digital-media talent and companies is being chipped away.

In fact, B.C. was the top region for video-game jobs just three years ago, but has since fallen behind Ontario and Quebec.

The motion, which also promises support from the Vancouver Economic Commission, comes as welcome news for the local video-game industry.

"It's f—ing awesome," said Matt Toner, president of Zeros to Heroes and lead organizer of the industry-led Can We Do It advocacy group. "This is the first step in the right direction. It's great that the mayor is thinking of the game industry."

Toner, who is plotting a provincial run under the NDP banner, has argued that all levels of government have taken Vancouver's video-game industry for granted.

While Community, Sport and Cultural Development Minister Ida Chong admitted parts of the province's digital-media incentive package may need updating, she ruled out matching Ontario's "unsustainable" incentives last week.

"What happens when the tax credits run out? I don't know how Ontario can continue to do this when you look at their deficits," she told Metro.

Vancouver currently employs more than 25,000 people in the digital-media and visual-effects industries.

The motion will be introduced to city council July 24.

MATT KIELTYKA/METRO

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Smart solutions to city's dating dilemmas

Mixing and mingling in the city. Down in the dating dumps? An expert offers advice on tackling some common challenges

GUEST SHOT
Paddi Rice
Special to Metro

After the recent publication of a number of articles slamming the Vancouver dating scene, Executive Search Dating founder and owner Paddi Rice drew on his experience to start brainstorming simple solutions to Vancouver's "so-called dating dilemmas" and posted them on his blog. They have been republished here with permission, and edited for length.

Challenge #1: Singles don't often approach strangers in Vancouver.
Solution: Waiting to be approached in Vancouver is a recipe for prolonged singledom. Practise saying hello to strangers (yes, practising in front of a mirror at home does work); smile and make eye contact with people in social places; say a friendly "hello" to everyone you meet, single or otherwise.

Challenge #2: Vancouver singles often socialize in large groups, making it more daunting to approach someone you are interested in.
Solution: A crowded bar or lounge on a busy weekend night is not the best way to meet someone new in any city. If, however, you do find yourself in this setting then focus on having fun and being positive and open. This is an alluring quality in any venue. Avoid sitting in a large booth surrounded by people that you already know; aim to sit at a standup or shared table and leave a few stools free for someone new to join; and get your drinks from the bar where you'll mingle with some new people along the way.

Challenge #3: Vancouver singles, particularly in the summer months, tend to prefer outdoor venues and activities versus indoor venues like bars and restaurants, making it hard to meet them.
Solution: Mix up your routine! Join a summer co-ed volleyball or softball league; take some Latin dance classes; attend some wine tastings, cooking classes and art gallery openings; do your weekly shopping in a different neighbourhood; hire a matchmaker! Being proactive in dating, and in life, will always get you the best results.

Source: www.executivesearchdating.com/blog

A local dating expert says there are solutions to Vancouver's unique dating challenges. ISTOCK IMAGES

Metro's week-long look at dating in Vancouver

MONDAY : Do Vancouver singles really have it so bad?
TUESDAY : Hope and advice from couples who met in Vancouver
WEDNESDAY : Vancouver's top dating services
THURSDAY : Vancouver dating challenges and solutions
FRIDAY : City's best dating hotspots

Dix bolsters shadow cabinet ahead of election

NDP Leader Adrian Dix and new housing critic Joe Trasolini.
CONTRIBUTED/METRO FILE

He may be ahead in the public opinion polls, but NPD leader Adrian Dix isn't counting his votes before they're cast.

The opposition party announced changes to their lineup of critics Wednesday — such as giving newly elected MLAs Gwen O'Mahony and Joe Trasolini economic and housing portfolios, respectively — as it prepares for the May 14, 2013 provincial election.

But Dix stressed that the appointments aren't public auditions for possible cabinet positions should the NDP win the election and said there is much more work to be done in the months ahead, especially trying to stop the Liberals from selling off the Liquor Distribution Branch.

"We're not naming a cabinet today; this is a critic list for us," said Dix. "We're going to continue to do what we've been doing. I acknowledge (the Liberals) won the 2009 election, and the one before that, and the one before that. The measure (of a successful opposition) is sometimes putting forward alternatives and sometimes getting the government to step down from a position."

If Dix is feeling supremely confident about the election, he's not admitting it publicly.

"This is going to be a close election," he said. "I'm not going to take anything for granted. The voters have the final say, not me."

His immediate attention is on the government's plan to privatize the Liquor Distribution Branch.

Dix said it's not fair for the government to award a 10-year contract to the winning bidder just weeks before the election, as it's currently scheduled.

"The Liberals shouldn't follow through with a decision that binds governments for a decade weeks before an election," he said. "They should put it to the voters."

MATT KIELTYKA/METRO

Revamped lineup

New critic roles (unchanged portfolios not listed):

- Gwen O'Mahoney — economy critic
- Joe Trasolini — housing
- Shane Simpson — labour
- Raj Chouhan — multiculturalism, immigration and human rights
- Doug Donaldson — mining
- Maurine Karagianis — Liquor Distribution Branch
- Spencer Chandra Herbert — BCLC and gaming
- Mable Elmore — ICBC and deputy critic of finance
- Doug Routley — deputy critic of health
- Sue Hammell — women's issues, child care and early learning

U.N. gang

Guilty pleas in cocaine trafficking

Two United Nations (U.N.) gang members pleaded guilty to cocaine trafficking Wednesday after being busted more than two years ago in an undercover sting.

U.N. gang co-founder Douglas Vanalstine, 52, and Daryl Johnson, 33 of Abbotsford, met with an undercover police officer several times in 2009 and exchanged a $100,000 down payment for 100 kilos of fake cocaine.

KATE WEBB/METRO

Investigation underway

Injured dog found in dumpster

Vancouver police and SPCA officers are looking into a disturbing case after finding a badly injured German shepherd in a dumpster in the 1400-block of Maple Street Wednesday.

The dog, approximately two years old, had extensive injuries to its face and neck. SPCA hope the dog, which received emergency treatment, will survive.

The owner has been located and investigators are trying to determine how the dog was injured and then tossed in the dumpster. METRO

The injured German shepherd.
CONTRIBUTED/BCSPCA

Issues Twitter apology

Alberta MLA removes Facebook landslide comment

Alberta's deputy premier has quickly removed a photo and comment from his Facebook site after being criticized for making inappropriate comments about recent mudslides in this province. Thomas Lukaszuk's posting suggested the Fairmont resort in Fairmont Hot Springs has a good deal on rooms, if a little mud doesn't bother you. THE CANADIAN PRESS

Victim run over

Man dies after fall from motorcycle

An Alberta man has been killed in a freak accident near Vernon.

Investigators say the 33-year-old victim — whose name has not been released — was accelerating hard after pulling onto Highway 97 when he suddenly fell from his bike.

A pickup truck was close behind and had no way of avoiding the man, who was run over and died later in hospital.

CKIZ/THE CANADIAN PRESS

Divide among members

Gitxsan to discuss treaty-society future

Members of the Gitxsan Nation have packed a northwestern B.C. school gymnasium for meetings that could affect the future of the Gitxsan Treaty Society.

Society members, hereditary chiefs and representatives from each of the families within the Gitxsan Nation are holding three days of meetings in Gitsegukla, about 100 kilometres northeast of Terrace. CFTK/THE CANADIAN PRESS

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Sun rising on solar-powered car

UBC engineering.
'Raven' may be completed by 2013

SUZANNE MA
vancouver@metronews.ca

School might be out for the summer, but about 20 students are hard at work building a solar car in UBC's engineering design studio.

Team manager Joël Mertens said that while solar-powered vehicles are not yet a viable or practical option for the rest of the world, the UBC Solar team is focusing is on innovation and education.

"Will we see solar cars driving down the road in the near future? Probably not," he admitted. "But, by working on this technology, we hope to demonstrate the potential of solar energy and to push the boundaries of vehicle design."

The car is powered by 389 paper-thin solar cells and a 45-pound battery. When it's is completed, it will be able to travel at 110 km/h. It weighs 400 pounds, is five metres long and nearly two metres wide — about the size of an average car.

Mertens, who is a master's student in materials engineering at UBC, said the team is made up of young men and women who come from a range of backgrounds — from business to arts majors to engineering students.

"We really want to be inclusive," he said.

UBC Solar named the car Raven after the creature in Haida mythology. It's said the raven released the sun from its tiny box and made the stars and the moon.

Since the team began building Raven in 2009, it has spent $100,000 on its construction. Mertens said they hope Raven will be ready for competition in 2013, but first they need to raise another $10,000 by December.

How to help

The team is currently looking for sponsors.

- You can find out more about Raven and UBC Solar at ubcsolar.com

Joël Mertens, 25, works on solar-powered car "Raven" at UBC's engineering design studio on Wednesday. SUZANNE MA/FOR METRO

Gay couple wins human-rights case after B&B reservation cancelled

The owners of a now-closed bed and breakfast in Southern B.C. must pay more than $4,000 for refusing a room to a homosexual couple.

The B.C. Human Rights Tribunal has ordered Susan and Les Molnar to compensate Brian Thomas and Shaun Eadie for injury to dignity and self-respect after their reservation was cancelled at the Riverbend Bed and Breakfast in Grand Forks, about 500 kilometres east of Vancouver.

The Molnars admitted to accepting the reservation in June 2009, but cancelled it minutes later, after confirming Thomas and Eadie are gay.

According to the Molnars, such a lifestyle is contrary to their Christian beliefs and unacceptable in the business they operated as a ministry, with some profits going to the local Mennonite church.

The human-rights tribunal says although the Riverbend was run out of a portion of the Molnar's home, it was still a commercial activity, subject to laws preventing discrimination based on sexual orientation.

Thomas and Eadie each claimed $2,500 dollars for loss of self-respect, but the tribunal has ordered to Molnars to pay each man $1,500, as well as travel expenses and wages lost while attending last year's two-day hearing in Kelowna. THE CANADIAN PRESS

Prehistoric loot

Man wants compensation for fossils

The owner of a private fossil-bed enterprise being expropriated by the B.C. government says he wants compensation for the prehistoric loot, but the province only wants to compensate him for minerals.

Robert Draychuck and his deceased business partner's estate own the claim near Ashcroft, set to be announced as a heritage site by the province later this week. The province has ordered an end to Draychuck's fossil-hunting business. KAMLOOPS DAILY NEWS/THE CANADIAN PRESS

Viewing platform

B.C. improves safety at park where tourist died

The B.C. government says safety has been improved at a provincial park near Campbell River where a Dutch tourist died after tumbling over a waterfall a year ago.

Cornelius Bot, 42, was taking photos at Elks Falls park when he slipped, fell into the river and was swept over the falls.

Since then, the government has built a new viewing platform and put up signs warning visitors of the risks of getting too close to the edge of the swiftly moving water. THE CANADIAN PRESS

Landslide fears

Kootenay highway reopens after deluge

Highway 3A between Castlegar and Nelson is open again Wednesday morning, but it's a muddy slog through the region drenched by as much as 50 millimetres of rain in just a few hours.

The deluge occurred yesterday afternoon and the highway was closed as a precaution when muddy, debris-laden water gushed from a nearby creek, raising fears of a possible landslide.

But all sidehills in the Kootenay region stayed put. THE CANADIAN PRESS

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Audacious rebel bomb rips apart Syria's inner circle

High-level meeting blasted. Top ministers killed as rebels strike at the heart of the regime; mystery over Assad's whereabouts

Gen. Fahd Jassem al-Freij was named defence minister after the deadly blast. THE ASSOCIATED PRESS

A bomb ripped through a high-level security crisis meeting in Damascus, Syria, on Wednesday, killing three top regime ministers — including President Bashar Assad's brother-in-law.

It was the rebels' boldest attack yet in the country's civil war.

The Assad family has ruled Syria for four decades, creating an ironclad and impenetrable regime. Wednesday's attack was an unheard-of strike on the inner circle.

Syria's rebel commander, Riad al-Asaad, claimed responsibility, saying his forces planted a bomb in the room and detonated it.

All those involved in the attack are safe, he said.

"God willing, this is the beginning of the end of the regime," al-Asaad said in a telephone interview from his base in neighbouring Turkey.

"Hopefully Bashar will be next," he added.

The whereabouts of Assad, his wife and his three young children were not immediately clear.

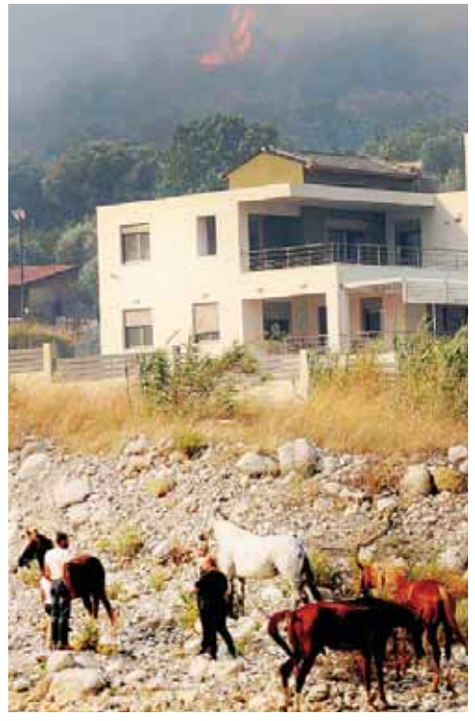
Syrian TV confirmed the death of Defence Minister Dawoud Rajha, 65, a former army general and the most senior government official to be killed in the rebels' battle to oust Assad.

Also killed was Gen. Assef Shawkat, the deputy defence minister who is married to Assad's elder sister, Bushra, and was one of the most feared figures in the inner circle.

A third official, Hassan Turkmani, a former defence minister, died in the attack.

Syrian TV said Gen. Fahd Jassem al-Freij had been named the new defence minister. Al-Freij used to be the army chief of staff.

THE ASSOCIATED PRESS



Time to gallop out of Dodge

As flames creep ever nearer, it's a race against time. Horses are moved from an equestrian club near Patras, Greece, on Wednesday as wildfires sweep the area, threatening homes. The flames were fuelled by high winds and 40 C heat. GIANNIS ANDROUTSOPOULOS/THE ASSOCIATED PRESS

Teens targeted

Israel blames Iran for bus blast

Angry Israel blamed Iran after a bus carrying Israeli teens exploded Wednesday in a Bulgarian resort.

Israeli Prime Minister Benjamin Netanyahu called it "an Iranian terror attack" and promised a tough response.

At least four people were killed and more than two dozen wounded in the blast in the Black Sea city of Burgas.

THE ASSOCIATED PRESS

Hundreds of kids die

Lethal virus closes schools

Cambodia is closing all kindergartens and primary schools to try to stop the spread of a virus that has killed hundreds of kids around Asia.

More than 2,700 kindergartens and 7,000 schools closed Wednesday because of enterovirus 71 strain, or EV-71.

Victims suffer high fever, brain swelling, paralysis and respiratory shutdown.

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U.S. judge puts mosque on road to Ramadan

A federal judge Wednesday ordered a county in Tennessee to move ahead with opening a Muslim congregation's new mosque after a two-year fight with opponents.

The Islamic Center of Murfreesboro sued Rutherford County earlier in the day and asked District Judge Todd Campbell for an emergency order to let worshippers into the building before the holy month of Ramadan starts at sundown Thursday.

Federal prosecutors also filed a similar lawsuit.

The future of the mosque had been in question since May, when a local judge overturned the county's approval of the mosque construction.

This month he ordered the county not to issue an occupancy permit for the 3,658-metre building.

Campbell ordered the county to move ahead on approving the mosque for use, although it wasn't immediately clear if that could happen by Thursday.

Final inspection of the building is required.

The contentious fight over the mosque stems from a 2010 lawsuit filed by a group of residents who made repeated claims that Islam was not a real religion and that local Muslims intended to overthrow the U.S. Constitution in favour of Islamic religious law.

On Wednesday, U.S. Attorney Jerry Martin asked the federal judge to fulfil a promise made by the congregation's religious leader, Imam Ossama Bahloul, to the children of the congregation that justice would be done and they would be allowed to worship in their new space.

The suit filed in federal court in Nashville alleged violations of federal law and the constitutional guarantees of freedom of religion and equal protection.

THE ASSOCIATED PRESS

Quoted

"The Muslim community in Rutherford County has been under siege for the last two years."

U.S. Attorney Jerry Martin

Tear gas fired

Protesters storm Syrian embassy in Cairo; 14 held

Tear gas was fired at protesters at the Syrian Embassy in Cairo who tried to raise a rebel flag. Fourteen were detained.

THE ASSOCIATED PRESS

AFN leadership

Shawn Atleo wins — with defiant warning on rights

Incumbent Shawn Atleo has been re-elected as national chief of the Assembly of First Nations.

He vowed to assert his people's rights in Ottawa and at the mines, hydro projects and oilfields that neighbour aboriginal communities across the country.

"We will take our rightful place in our respective territories," Atleo told an assembly hall packed with chiefs after three rounds of voting. "We will stand together and put the final stake in colonialism."

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So *that's* what hydrants are really for

People play in water from an open fire hydrant during the afternoon heat, Wednesday, in Philadelphia. Temperatures reached into the high 30s on Wednesday.

MATT ROURKE/THE ASSOCIATED PRESS

No such thing as a free water

Vienna. Restaurants do away with tradition and charge for tap

In Vienna's legendary coffeehouse tradition, a free glass of tap water with your coffee has been a cherished part of everyday life.

Now many Viennese are up in arms over a movement by restaurateurs to start charging for tap.

It amounts to cultural sacrilege in a city where delicious tap water — fed by Alpine springs — is seen as a birthright, and part of the whole experience of lounging in centuries-old cafés or savouring young wine at one of the Austrian capital's many leafy outdoor eateries.

For now, payment is voluntary, with 11 restaurants participating in a charity campaign meant to collect funds for clean water-starved Sierra Leone. But the establishments pocket half the water fee and prominent restaurateurs are starting to lobby for an obligatory tap-water charge, unrelated to aid for Africa, just as the charity program has begun.

Many Viennese suspect that the Sierra Leone campaign and industry calls to charge for water cannot be pure coincidence. Some see a cynical ploy to take advantage of charitable feeling for extra profit.

Vienna takes pride both in its water quality and its restaurant service.

THE ASSOCIATED PRESS

A customer stirs a cup of coffee in the café Landtmann in Vienna, Austria.

RONALD ZAK/THE ASSOCIATED PRESS

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Attempted murder

Karaoke-shooting case to go to trial

A California man is accused of shooting his 50-year-old son because he didn't like his country karaoke singing. A judge on Tuesday ordered 70-year-old William Henry Oller Sr. to stand trial on attempted murder and assault charges in the January shooting, The Record Searchlight of Redding reported. The newspaper says the son suffered a gunshot wound to the arm and other injuries.

THE ASSOCIATED PRESS

Sexual harassment

Case against judge gets stranger

The man who filed a sexual-harassment complaint against a Manitoba judge is being accused of having sex with another woman for money.

Alexander Chapman is in his third day of testimony at an inquiry into Lori Douglas, who he says harassed him in 2003.

The judge's lawyer has produced excerpts from Chapman's diary where he writes about getting paid $500 a week by a neighbour to "do" his neighbour's wife. Chapman denies the entries were about sex.

THE CANADIAN PRESS

Surprise. Man nearly fined for Kinder Eggs

Chris Sweeney and his husband were driving home to Seattle after a recent trip to Vancouver when they were stopped at the border for more than two hours and threatened with thousands of dollars in fines for dangerous contraband in the trunk of their car.

Their suspicious cargo? Half a dozen Kinder Surprise chocolate eggs, each filled with a tiny plastic toy — a childhood favourite in Canada, but an illegal choking hazard in the U.S.

"I thought (the American border guard) had done his search and hadn't found anything, and he was joking with us," Sweeney, 35, said in an interview Wednesday.

"He wasn't joking."

The popular German chocolate eggs are not sold in the U.S. because they are considered a choking hazard. They are also banned because the treats are considered adulterated food by the U.S. Food and Drug Administration.

Sweeney said a border guard told him and his husband they could be fined $2,500 per egg, and then ordered them to head to the port of entry, where they waited for over two hours.

Fine

$2,500

A border guard told Chris Sweeney and his husband that they could be fined $2,500 per Kinder Egg

"We really didn't know what was going to happen," he said. "I didn't know if maybe this was some really important thing that I just wasn't aware of and they were going to actually give us the fine of $15,000."

But once inside, Sweeney said border staff later brushed off the offence and merely told them never to bring the Kinder Surprise eggs across the border again. Sweeney said the treats in his car were not confiscated.

THE CANADIAN PRESS

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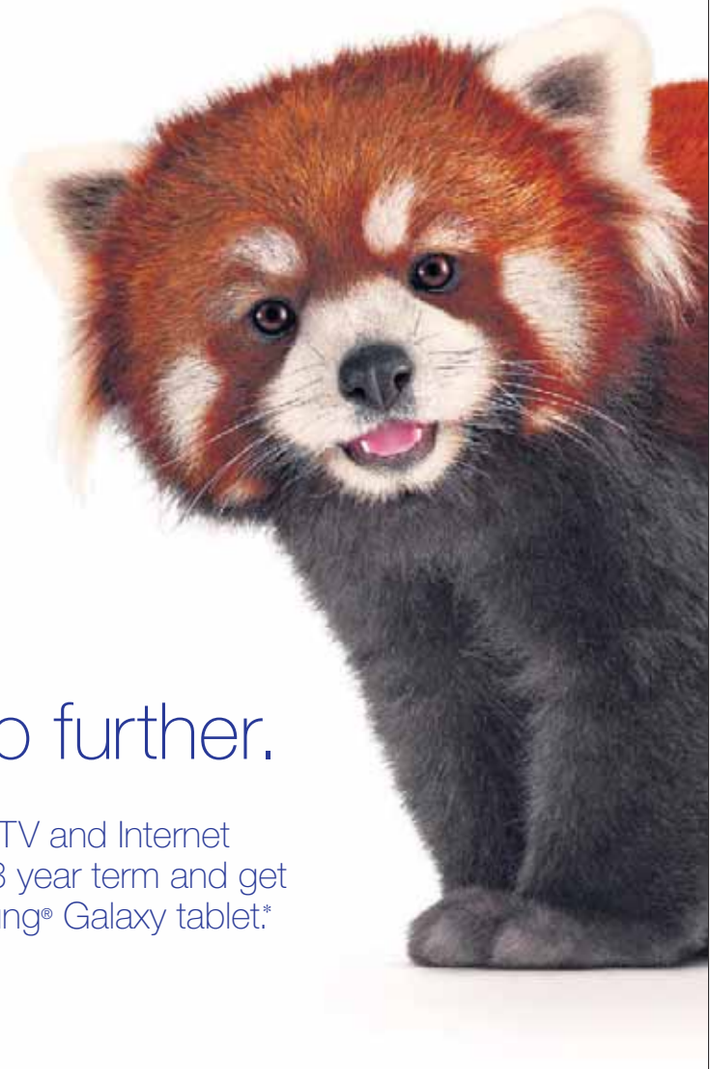

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Craigslist. Man charged with posting classified ad asking men to rape wife

An Idaho man is charged with soliciting men to rape his wife through a posting in the "casual encounters" section of Craigslist.

The 32-year-old Twin Falls man was arraigned Monday on charges of solicitation of rape and burglary. His bail was set at $100,000 US.

Prosecutors say that without his wife's knowledge or consent, the man posted a classified ad posing as a woman who fantasized about being raped, and then exchanged emails with the men who responded to arrange the assaults.

Twin Falls police were called to the woman's house shortly after midnight Thursday and again Saturday afternoon to reports that two different men had broken into the home.

The woman told police a man rang the doorbell early Friday, asked her name and then said: "I'm here for you," before forcing his way into the house.

The woman said the man chased her through the house. She went into the bedroom to grab a nine-mm gun, but the man grabbed the weapon. The gun went off during the struggle. No one was injured, but she said the man fled.

The woman also fired a shot Saturday and held the uninjured man at gunpoint until police arrived, court records said. Investigators said the second man told police he was responding to a Craigslist ad, and that the person posting the ad told him she wanted to be forcibly raped as that was a fantasy of hers.

The police report said several emails were exchanged between the man and the person who posted the ad. The man was then given the address.

"He was told to force his way inside and rape the woman there and not stop no matter how much she resisted," the report said. THE ASSOCIATED PRESS

Prior case

- The allegations are similar to a case two years ago in which a man was convicted of using a "rape fantasy" posting on Craigslist to arrange an attack on his ex-girlfriend in Wyoming.

Colombia. Authorities retake ground in battle with Nasa Indians

Colombian authorities say they've retaken a strategic hill in the country's turbulent southwest from Nasa Indians who had forcibly dislodged soldiers.

The action early Wednesday by a squad of riot police came a day after Indians armed with clubs and rocks dragged six soldiers off the hilltop.

Members of the 115,000-strong Nasa tribe are insisting the military and leftist rebels leave their traditional lands. They say they are tired of being caught in the crossfire of Colombia's long-running conflict.

The government rejects the demand, and President Juan Manuel Santos tweeted Wednesday that Indians will not be allowed on military bases. His defence minister and military allege rebels have infiltrated the Indians' ranks.

The region is a corridor for cocaine smuggling and locals also cultivate high-grade marijuana. THE ASSOCIATED PRESS

Protesters challenge riot police during a demonstration Wednesday to demand the military withdraw from native lands in Caloto, southern Colombia. JUAN BAUTISTA DIAZ/THE ASSOCIATED PRESS

Death row. Man was first Texas inmate killed with a single lethal drug

A 33-year-old man convicted of carjacking and fatally shooting a stockbroker went to the Texas death chamber Wednesday, becoming the first person in the state executed with a single lethal drug.

Texas Department of Criminal Justice officials announced last week they were modifying a three-drug execution procedure used since 1982 because the state's supply of one of the drugs — the muscle relaxant pancuronium bromide — has expired. Yokamon Hearn was executed using a single dose of the sedative pentobarbital.

Hearn was sentenced to death for the March 1998 slaying of Frank Meziere, 23. Shortly before Hearn's execution, Wednesday evening in Huntsville, the U.S. Supreme Court rejected appeals to halt it.

None of the appeals addressed the change in the state's execution drug policy. THE ASSOCIATED PRESS

Other states

- Ohio, Arizona, Idaho and Washington have already adopted a single-drug procedure.

Mali

Rebels release three hostages

Islamist rebels in north Mali on Wednesday released an Italian and two Spanish hostages who had been held since October, a spokesman with an allied group said. THE ASSOCIATED PRESS

Iran

New issues cloud nuclear talks

Announcements bouncing between Tehran and Washington show new issues are piling up even as Western envoys try to find a path to move nuclear talks forward. THE ASSOCIATED PRESS

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Alleged Hungarian war criminal Laszlo Csatary leaves the Budapest prosecutor's office. BEA KALLOS/THE ASSOCIATED PRESS

Hungarian man charged with Holocaust crimes

Laszlo Csatary. He was chief of an internment camp at Kosice, from where 12,000 Jews were deported to Nazi death camps

A 97-year-old Hungarian man suspected of abusing Jews and helping deport thousands of Jews during the Holocaust was taken into custody Wednesday, questioned and charged with war crimes, prosecutors said.

The case of Laszlo Csatary was brought to the attention of Hungarian authorities last year by the Simon Wiesenthal Center, a Jewish organization active in hunting down Nazis who have yet to be brought to justice.

In April, Csatary topped the organization's list of most-wanted Nazi war criminals.

Prosecutors decided to charge Csatary with the "unlawful torture of human beings," a war crime that carries a maximum sentence of life in prison.

Csatary's lawyer, Gabor Horvath B., said that a judge, acting on a request from prosecutors, ordered his client to be confined to house arrest for a maximum of 30 days. Horvath B. said he had appealed the ruling, which also opened the way for authorities to confiscate Csatary's passport.

In May 1944, Csatary was named chief of an internment camp at a Kosice brick factory from where 12,000 Jews were deported to death camps.

THE ASSOCIATED PRESS

Horrific allegations

"Think of a man who at the height of his physical powers devoted all his energy to murdering ... innocent men, women and children."

Efraim Zuroff, director of the Simon Wiesenthal Center's Jerusalem office

Ukraine

Homophobia and violence increase

Homophobic sentiment and violence against Ukraine's gay community are on the rise despite increasing efforts to promote tolerance in the conservative ex-Communist nation, advocacy groups said Wednesday.

The community was forced to cancel its first-ever gay pride parade in Kyiv, in May, due to concerns activists would be physically attacked by radicals.

After the cancellation, two gay leaders were beaten. THE ASSOCIATED PRESS

Germany. Threatened by militant Islamists, far right: Intelligence report

Germany faces a growing threat from militant Islamists and far-right fringe groups, including small extremist cells and lone-wolf operators, top security officials said Wednesday.

A report by Germany's domestic intelligence agency puts the number of Salafi Muslims in the country at 3,800 last year, with a small number of those prepared to use violence to achieve their aims.

It is the first time the agency has counted the number of German-based Salafists, a religious movement that adheres to a strict interpretation of Islam and that has attracted young Muslims as well as recent converts.

The wider number of Muslims with extremist views is estimated at more than 38,000, according to the report.

"Our focus remains on Islamist terrorism," Heinz Fromm, the head of the Federal Office for the Protection of the Constitution, told reporters in Berlin.

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East Africa. 12 killed in Zanzibar ferry accident

A Zanzibar official says 12 people were killed in a ferry accident off the coast of Tanzania's island region of Zanzibar.

Mwinyihaji Makame, a deputy minister in the office of the president, said Wednesday it remained unclear how many passengers were on board, but witnesses said the ferry carried more than 200 people when it sank.

The ferry was leaving the Tanzanian port city of Dar es Salaam and was headed for Zanzibar, which is popular with tourists. Makame said a rescue effort was ongoing and that police were investigating what caused the accident.

Last September more than 200 people were killed when a crowded ferry travelling between two islands of Zanzibar sank off the East African coast. Officials described it then as the worst accident in Tanzania's maritime history.

Survivors of the ferry accident are brought into port in Zanzibar on Wednesday. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

South Africa celebrates Mandela's 94th birthday

Two women walk past a mural designed to celebrate former South African president Nelson Mandela's 94th birthday, in Johannesburg on Tuesday.

THEMBA HADEBE/THE ASSOCIATED PRESS

Respect. Divided nation comes together to pay tribute to former leader in song and good deeds

A nation divided between black and white, rich and poor, came together Wednesday to honour Nelson Mandela, the deeply loved statesman who helped bring freedom to South Africa. The good deeds done on Mandela's 94th birthday ranged from building houses to performing free eye-cataract operations.

Education officials estimated nearly 12 million children kicked off celebrations in the morning with resounding "Happy Birthday" choruses in schools from well-funded private institutions to barely furnished rooms in villages.

Millions more South Africans joined in from offices, buses, train stations and Mandela Square, set amid the plush skyscrapers and exclusive boutiques of Johannesburg's Sandton City.

Mandela spent the day quietly with family and friends in southeastern Qunu village, according to Sello Hatang, a spokesman for the Nelson Mandela Foundation. An AP Television cameraman caught the venerated leader with a champagne flute in his hand, flanked by his wife, Graca Machel, and former wife Winnie Madikizela-Mandela, before a ribboned two-tiered birthday cake.

Communities in South Africa dedicated 67 minutes of the day to volunteer work and projects for the needy — one minute to mark each of Mandela's 67 years in public service.

THE ASSOCIATED PRESS

Appreciating an icon

"Mr. Mandela taught us to love ourselves, to love one another and to love our country."

Archbishop Emeritus Desmond Tutu, on former South African leader Nelson Mandela

Birth defects. Australian woman wins millions in Thalidomide settlement

An Australian woman born without arms and legs after her pregnant mother took the anti-morning-sickness drug Thalidomide has reached a multimillion-dollar settlement with the medicine's British distributor, her lawyer told a court Wednesday. The German maker of the drug refused to settle.

Lynette Rowe, 50, of Melbourne, is leading a class-action suit on behalf of children born with congenital birth defects linked to Thalidomide. The drug was given to pregnant women in the 1950s and 1960s as a treatment for morning sickness, but was yanked from the market in 1961 after it was linked to birth defects.

Rowe sued three parties: German drugmaker Grunenthal, U.K.-based Distillers Company (Biochemicals) Ltd. — which sold the drug in Australia — and Diageo Scotland Ltd., the successor company to Distillers.

In court on Wednesday, Rowe's lawyer, Peter Gordon, said his client had reached a settlement with Diageo and Distillers while Grunenthal declined to settle.

Exact terms of the settlement were confidential, but Rowe's lawyers said it was several million dollars. The lawsuit asked for compensation for the victims' pain and suffering, lost wages and future medical care.

"It is great that my case will bring about good things for other people too. It shows you don't need arms and legs to change the world," Rowe said in a statement. "Like I always say: see the person, not the disability." THE ASSOCIATED PRESS

UN report

Caribbean sees big drop in AIDS-related deaths

The UN says the number of AIDS-related deaths in the Caribbean have dropped significantly in the past decade thanks to the increased availability of anti-retroviral drugs and improved access to medical treatment.

The UNAIDS office in Trinidad says doctors recorded about 10,000 deaths across the Caribbean last year, about half the number reported a decade ago.

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Lumber-export ruling called a 'total victory' for Canada

Pine-beetle-infested wood. B.C. forests minister says tribunal decision shows the U.S. complaints were unwarranted

Canada is declaring victory in a dispute with the United States over softwood-lumber exports from British Columbia.

A tribunal convened under the 2006 softwood-lumber agreement ruled Wednesday that Canada did not circumvent the deal by shipping large quantities of pine-beetle-infested lumber south of the border.

International Trade Minister Ed Fast called the decision a welcome victory for workers in B.C.'s lumber industry.

Workers pull graded lumber off a conveyor belt at a mill in Richmond, B.C., in this file photo. RICHARD LAM/THE CANADIAN PRESS

"We applaud the tribunal's decision in favour of our lumber industry," Fast said. "This positive outcome is the result of our close collaboration with provincial and industry partners and proof that the (softwood lumber agreement) is good for Canada's forestry sector."

The United States launched the dispute, arguing that B.C. was subsidizing wood damaged by the mountain pine beetle. The U.S. Lumber Coalition expressed bitter disappointment in the ruling by the London Court of International Arbitration.

"The coalition is very disappointed that the LCIA did not find that compensatory export taxes were justified to collect the export taxes imposed under the SLA that B.C. producers have been effectively evading since 2007," said coalition chairman Steve Swanson, who also runs the family-owned Swanson Group in Oregon.

B.C. denied the province was cheating, saying U.S. producers should have known there would be an effort to clear dead, beetle-infested timber. On Wednesday, B.C. Forests Minister Pat Bell was declaring "total victory." Industry observers said the dispute was the most serious to date under the softwood-lumber agreement, which is set to expire in October 2015, because it struck at the core of forestry policy and timber pricing.

THE CANADIAN PRESS

Two year fade out

CRTC orders local-TV programming fund phased out

The Canadian Radio-television and Telecommunications Commission issued a decision Wednesday, saying that the Local Programming Improvement Fund will be phased out over the next two years. THE CANADIAN PRESS

Market Minute

DOLLAR 98.94¢ US (+0.18¢)

TSX 11,579.15 (+7.96)

OIL $89.87 US (+65¢)

GOLD $1,570.80 US (-$18.70)

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LIFE SUCKS AND THEN YOU DIET

HE SAYS...
John Mazerolle
metronews.ca/hesays

This is hard to swallow, but I think the weight-loss industry may have some ethical problems.

I know. It's one of those instances where our illusions are shattered and our innocence is lost, like when the emperor in the Star Wars prequels turned out to be evil.

But I'm convinced it's true.

As an in-depth researcher of societal trends (I read Google News), I've noticed that a new weight-loss drug or diet plan or study is released almost every day.

The drug is usually approved by the authorities, but has a list of side effects as long and painful as Atlas Shrugged.

And the diet plan, even if it works, usually charges you to do something you could do on your own ("Order our Triple-A 'Activity Addition Abacus' for only $19.95!").

Fatten down

"The diet plan, even if it works, usually charges you to do something you could do on your own ("Order our Triple-A 'Activity Addition Abacus' for only $19.95!").

What makes it worse is all the self-evident studies. Either it's a "positive" study showing, for instance, that running a marathon is linked to looking good in shorts, or it's a "negative" study that shows, say, a possible connection between heart disease and freebasing gravy.

The upshot is, we all know losing weight is hard, but we also know the proper way to deal with it.

I am, of course, talking about the only solution: Mazerolle-Brand Diet Products! Yes! With my unique line of inexpensive weight-loss tools, people will be asking if you've been recently ill or your money back.

My products:

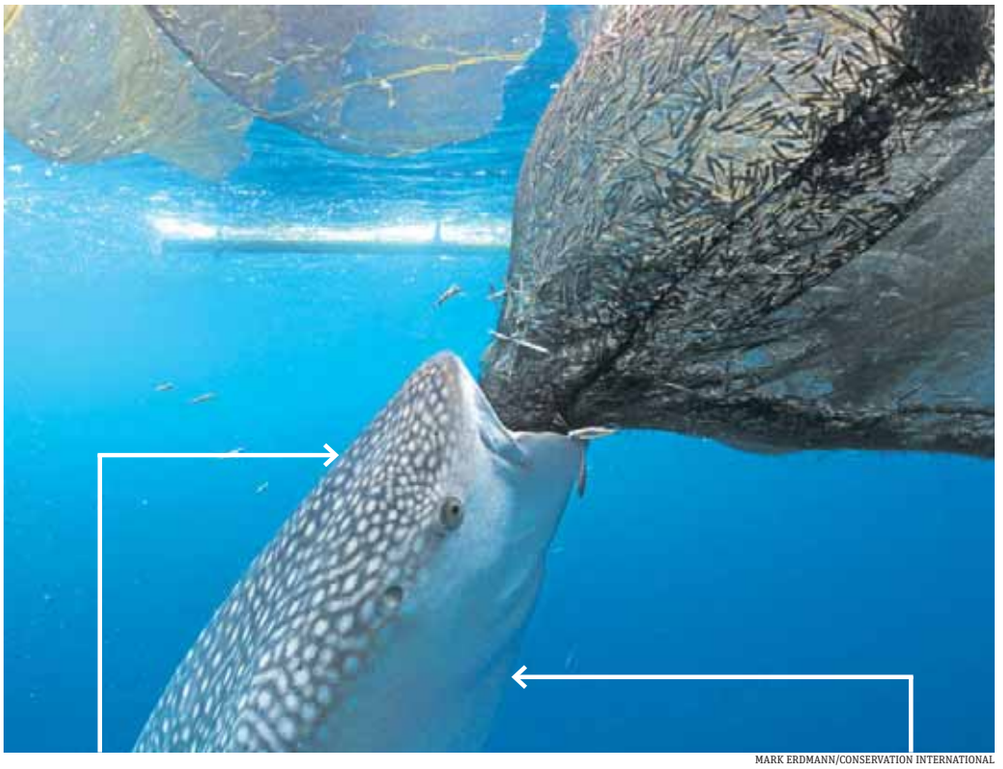
Don't weight until it's too late to push back the scale. ISTOCK

- **The Diet Diary:** New findings suggest that the best way to lose weight is to keep a food diary. But what does it say about your self-esteem if you scratch out your meals on some random piece of paper? If you care about yourself, you'll buy my handsome pleather-bound Duo-Tang, complete with example entries to get you started: "Dear Diary, I like bacon sooo much. 'Like' like! But does bacon even know I exist?"
- **The Self-Dismemberment Diet:** Also known as SDD, is a quick and easy plan to lose weight. Would you give your right arm to lose weight? Then do it! Worried about side effects? Remove a side! To help stop the bleeding, order a Mazerolle Diet Plan Tourniquet.
- **Bachelor's Package:** This is the linchpin. You'll learn my own personal tricks for staying thin, such as losing your debit card on the weekend, or reminding yourself that if you cook it will mean doing dishes. Also, I lost 20 pounds (really) when the Boston Bruins made their 2011 Stanley Cup run, mostly due to stress. So cheer on a successful team. (WARNING: If you are waiting on a Canadian NHL team, you will balloon to 400 pounds.)

And those are my completely ethical weight-loss products. I hope you find them helpful.

One parting tip is to remember that dieting is still about eating, not starving yourself. When I get peckish, I feel free to open the fridge and treat myself to whatever's in there — usually a box of baking soda and a jar of capers. If that doesn't help you lose weight, nothing will.

Shark is having a whale of a time



MARK ERDMANN/CONSERVATION INTERNATIONAL

Wildlife expedition

Whale shark food feast goes viral

Divers caught a rare scene of the world's largest fish, the whale shark, sucking silverside bait fish out of a fisher's net.

The video footage taken by environmental group Conservation International (CI) in Indonesia's Cenderawasih Bay has become a viral hit since it was uploaded on YouTube last month, amassing more than 1.3-million hits.

METRO

Biologist's view

"The interest this video has gotten on the Internet is amazing and it underscores the need for these types of expeditions to further knowledge of whale sharks."

Dr. Mark Erdmann, marine biologist and senior advisor to CI-Indonesia's marine program

Quite the appetite

- **Purpose of expedition.** To inject whale sharks with pill-sized transmitters, which serve as a unique, permanent "ID card" to monitor animals' behaviour and history.
- **Diet.** Whale sharks, the largest species of fish in the ocean, can eat up to 2.6 tons of plankton and small fish per day. Whale sharks are "filter feeders": They jut out their jaws and passively filter food into their mouth.

Adding it up

15

metres is the top length of a whale shark — as long as a common yellow school bus. On this expedition, a total of 30 individuals were successfully tagged.

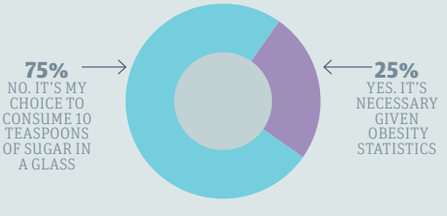
Go to metronews.ca ...

- ... to see a video of the shark devouring its lunch and watch scientists free it after it gets caught in the net!

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think sugary drinks should be banned in restaurants?



Twitter

@RadioNLNews: NHL players and #Sicamous natives Shea Weber and Cody Franson raised $100k for flood ravaged community through benefit golf tournament

@Shrewy: A great first step! Mayor of Vancouver » Supporting digital media jobs and investment http://www.mayorofvancouver.ca/digitalmedia via @VanMayorsOffice

@JRmacdougall: BIG SNOOP comin to vancouver to smoke the best chronic in the world! Aint that right @SnoopDogg

@nathmorgs: @SianDolby @SeanJones5 Beckham is the greatest English player of our time.. Real talk Sean, if you don't think that, then you are a plum

metro

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Raise the praise for the Arts Club's Altar Boyz

Amen! Theatre production follows the adventures of the hottest fictitious Christian boy band out there

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Once upon a time, before Reaganomics, body hair and the Internet, I was an altar boy.

My favourite position was cross-bearer. Although it lacked the glory of carrying incense, and there was almost no chance of quaffing wine, the post had little responsibility and provided me with lots of time to plot hijinks, like always telling the new Peruvian kid Juan to ring the bells at inopportune times.

Not surprisingly, my time in the house of God was short-lived, though I always like to think I attended mass religiously.

Speaking of super fun congregations, have you checked out Altar Boyz yet?

The Arts Club send-up is back at the Revue Stage on Granville Island until September featuring all the members of our favourite Christian boy band: Matthew, Mark, Luke and — wait for it — Juan! (The fifth member is Abraham, who is Jewish.)

This troupe wants to save your soul, lift your spirit and, more importantly, get some laughs.

And the best part? No kneeling!

Altar Boyz stars Jak Barradell, Jeremy Crittenden, Michael Culp, Brandon Eddy and Geoff Stevens. Director is Bill Millerd. Choreographed by Sara-Jeanne Hosie.

Raise the praise, brothers and sisters!

Now can I get an Amen?

Altar Boyz is on now at the Revue Stage until Sept. 1. Tickets are $29 and $49, inclusive of taxes and fees. Visit ArtsClub.com for more information.

The Arts Club Theatre Company's production of Altar Boyz runs until Sept. 1 at the Revue Stage. COURTESY EMILY COOPER/ARTS CLUB

Also on:

- **It's a doggy dog world.** Dust off your diamond and ruby-studded chalice because Snoop Dogg is performing at the Commodore Ballroom Friday night. Late show is sold out but, at last report, tickets still available for the early gig. Tickets $59.50 at LiveNation.com.
- **Forever in blue jeans.** Money talks. But it can't sing and dance and it can't walk. Neil Diamond, however, can do all these things. He's making the ladies swoon at Rogers Arena Saturday night. Tickets $19.99 to $149, through LiveNation.com.

2

SCENE

Scene in brief

The award goes to...

The first time Kathleen Edwards was shortlisted for the Polaris Music Prize back in 2008, she didn't know much about the award. But it's a sign of how much the $30,000 prize's profile has grown over the past four years that the Ottawa singer/songwriter felt very differently when she was nominated for a second time on Tuesday. She joined an eclectic 10-artist short list that also includes Toronto rapper Drake, Vancouver rock duo Japandroids and Calgary-reared songstress Feist. The Polaris Music Prize — awarded to the top Canadian album of the year based strictly on merit and not sales — is voted on by 200-plus music journalists, bloggers and broadcasters.
THE CANADIAN PRESS

On the web

Walmart in Kodiak, Alaska, gets most 'likes,' wins personal appearance by rapper Pitbull

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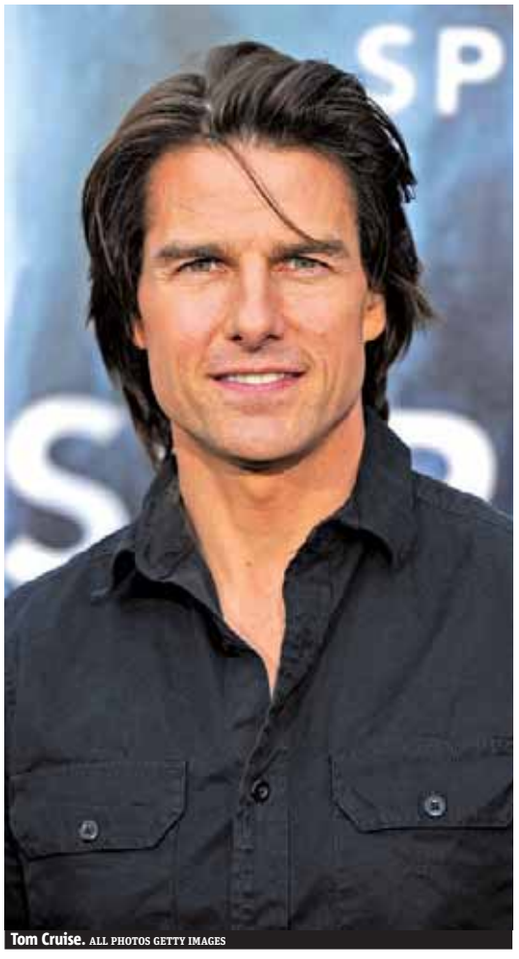


Tom Cruise. ALL PHOTOS GETTY IMAGES

Tom Cruise gets first visit with Suri since divorce

Tom Cruise had his first visit with daughter Suri since he finalized his divorce settlement with Katie Holmes, according to Us Weekly.

The actor flew overnight from the California set of Oblivion to spend time with the six-year-old in New York, where paparazzi spotted Cruise carrying Suri around, her head buried in his shoulder.

"Katie wants to make sure the visits are in the context of him being a parent figure," a source recently told the magazine. "He adores Suri, but now he's afraid he won't be able to have a close relationship with her."

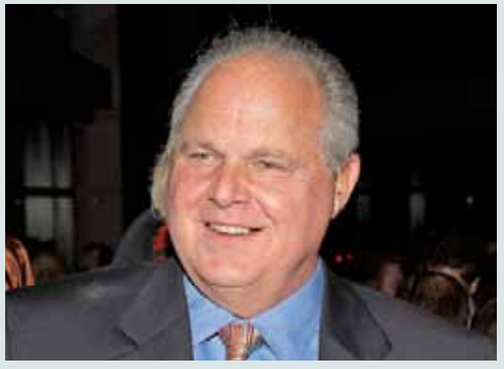
Quote

"Katie wants to make sure the visits are in the context of him being a parent figure." Source

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Limbaugh trying to get a rise out of Dark Knight fans

THE WORD
Monica Weymouth
scene@metronews.ca

Rush Limbaugh is like a cat on a diet — it's best to ignore his constant whining and pawing until it's truly impossible to read the paper in peace.

Unfortunately, today is one of those days, so you'll have to excuse us as we tune in to his thoughts on The Dark Knight Rises.

On his Tuesday radio show, Limbaugh laid out an impressive conspiracy theory, even for him: The villain of the latest Batman flick is named Bane, which he believes is a reference to the venture capital firm presumptive Republican presidential candidate Mitt Romney worked for. Take it away, Rush.

"Do you think that it is accidental that the name of the really vicious fire-breathing, four-eyed whatever in this movie is named Bane?" he asked. "A lot of people are going to see the movie — and it's a lot of brain-dead people, entertainment, the pop-culture crowd — and they're going to hear Bane in the movie and they're going to associate Bain. The thought is that when they start paying attention to the campaign later in the year, and Obama and the Democrats keep talking about Bain, Romney and Bain, that these people will think back to the Batman movie — 'Oh, yeah, I know who that is.'"

Rush, we're going to excuse the "brain-dead" comment in the hope that it's a zombie reference — we mindless pop-culture people like our zombies.

But we also have to point out that the character of Bane first surfaced in the 1993 comic and also appeared in the 1997 film Batman & Robin.

Now, as for Heath Ledger's spectacularly, award-winningly deranged Joker? We can't promise there wasn't a little GOP inspiration there.

Jennifer Lopez

Lopez looked through Casper when they first met

In his first public comments about his relationship with Jennifer Lopez, Casper Smart admits he didn't see fireworks the first time they met.

"I don't think it was for either of us," Smart says when asked by Good Morning America if it was love at first sight for him and Lopez.

"It was just very natural how it happened. There was nothing before, no flirting, nothing."

Twitter

@lindsaylohan
its interesting to orchestrate a sex scene w/forks & spoons

@channingtatum
I think all thongs are "interestingly" uncomfortable and hilarious.

@BrettRatner
Who knows where I can buy this round sauna with a window for my house?

@normmacdonald
A dingo punched my son in the face for not doing his homework.

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SHOPPERS DRUG MART

Licence to kill... in style

New Bond film Skyfall marks 50 years of girls, gadgets and 007 charm. Here, the film's costume designer Jany Temime talks tight trunks and getting up close and personal with Daniel Craig's 'perfect body'

RICHARD PECKETT
life@metronews.ca

Tight tailoring and a fixed glare, ready for action SONY

Since James Bond first hit the screen in 1962's Dr. No, 007 has been privy to a bevy of top tailors and international designers. The latest is Jany Temime, costume designer of this fall's Skyfall — and long-time Harry Potter costumer. She's charged with bringing Bond into 2012 while respecting his legacy.

"James Bond is such an iconic figure, so in one way you have to modernize it, but on the other side you have to respect people's expectations," she tells Metro.

Daniel Craig is the sixth Bond to step into the breach and puts his body on the line for Queen and Country with the good fortune of having Tom Ford's tailoring as his body armor of choice. "We decided to settle for something very body-conscious in muted colors like soft blues and grays. First, he has a lovely body," she says, with a laugh, "so it was quite interesting to use it and second, it helps to follow all his movements."

The French-born designer assures me that she took inspiration from the '60s, with a nod to the first Bond played by Sean Connery. "It has a modernized '60s allure but not boxy like a suit from that era.

The suit has narrow lapels, high-waisted, tight trousers that just break on the shoes and cut in lightweight fabrics such as fine wool and mohair."

Body-skimming tailoring is one asset that Bond has never been shy of bearing all for the camera — and we'll see his legs in this installment.

"His light blue shorts, they're very iconic of Bond and why not? Daniel Craig has the body to use them," she lets slip. When asked if they're similar to Connery's Dr. No trunks, she responds, "Well, let's just say that the shape and the colour could be similar. I'm not allowed to tell you that, I suppose!"

Designing 007

Designing 007: 50 Years of Bond Style, a new exhibit in London, features the looks of Bond past, including:

Matchy-matchy Bond girls

Dr. No and Die Another Day.

Gadgets and gizmos

Jaws' Teeth: Moonraker & The Spy Who Loved Me

The Golden Gun: The Man With The Golden Gun

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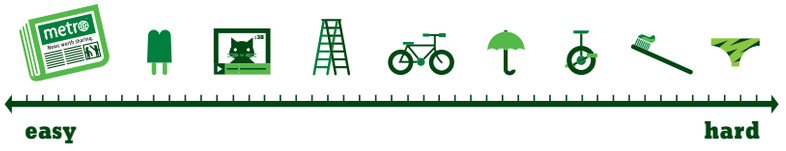


3 LIFE

Fashion Flash

Famous fanny: Gaga bares bod for fragrance

Lady Gaga has revealed her body yet again in an advert for her first fragrance Lady Gaga Fame. The ad campaign, shot by world-famous fashion photographer Steven Klein, features a reclining nude Gaga wearing a black mask as she holds the gold-topped fragrance bottle in an outstretched hand. Luckily for Gaga, her intimate areas are dutifully hidden by what appear to be mask-wearing, thong-clad miniature mythical warriors — 'Little monsters' perhaps? The scent's ingredients are listed as Tears of Belladonna, crushed heart of tiger orchidea, with a black veil of incense, pulverized apricot, and the combinative essences of saffron and honey drops." Bizarre, yes, but suitably kooky.

METRO WORLD NEWS

On the Web

The high-tech swimsuits of the last Summer Olympics have been banned, but Canada's swimmers say it's still an adventure squeezing into their tight racing suits. Scan the code to watch the video.

Superfood makes super pasta

Any variety of kale is fine in this super easy pasta dish as everything is cooked in one pot, says Sharon Hanna, author of The Book of Kale.

Feel free to use mature leaves as they'll be whirled with goat cheese to create a strikingly green pesto that melts into the hot pasta. If you have calendula in your garden, be sure to garnish the pasta with some edible orange petals — nasturtiums work too.

This is suitable for vegetarians and those on a gluten-free diet if non-gluten pasta is used.

1. Bring a large pot of salted water to a boil. Add garlic and shallots and boil gently for 4 minutes. Add kale leaves and continue to boil for another minute. Watch the pot — you want the kale to remain bright green.

2. Using a slotted spoon, remove kale to a colander. Scoop out garlic and shallots and transfer them to the bowl of a food processor. Leave pot with water at a boil. Drop pasta into boiling water.

3. While pasta is cooking, squeeze excess moisture from kale. Add to food processor along with cheese, pine nuts, salt, pepper and lemon juice. Process while adding olive oil slowly, until mixture is creamy.

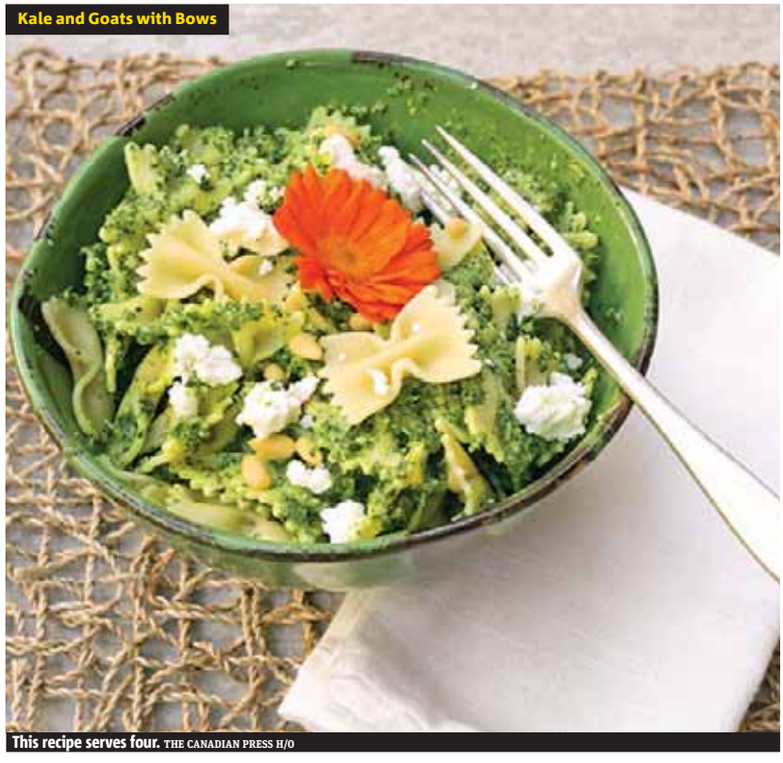
4. Let pesto mixture stand until pasta is cooked to the desired texture.

5. Drain pasta well and combine with puréed mixture. Before serving, sprinkle with extra goat's cheese and fresh thyme leaves, if desired.

THE CANADIAN PRESS/THE BOOK OF KALE: THE EASY-TO-GROW SUPERFOOD BY SHARON HANNA (HARBOUR PUBLISHING CO. LTD., 2012)

Ingredients

- 6 large garlic cloves, peeled
- 2 or 3 small shallots, peeled
- 2 l (8 cups) kale leaves, packed
- 350 g (12 oz) dried farfalle (bowtie pasta)
- 250 g (8 oz) soft goat's cheese, plus extra for topping
- 45 ml (3 tbsp) pine nuts
- Salt and black pepper, to taste
- 45 ml (3 tbsp) lemon juice
- 125 ml (1/2 cup) extra-virgin olive oil
- Fresh thyme leaves (optional)



Kale and Goats with Bows

This recipe serves four. THE CANADIAN PRESS H/O

Book of the week

Discover joys of a 'miracle food'

Kale has been lauded one of the most nutrient-dense greens in existence. Yet, many don't know how to make it taste good.

Sharon Hanna changes that with her book The Book of Kale, which offers more than 70 simple recipes for breakfast, lunch, dinner and snacks.

Wilted Kale with Caramelized Parsnips, Pizzocheri Noodles with Greens and Fontina, Kale and Potato Torta and Kale in Coconut Milk with Salmon Candy are all sure to blow kale skeptics out of the kitchen.

The book also provides tips on growing kale in your own backyard. **METRO**

Overlooked herb stars in Fried Sage & Parmesan Penne dish

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

It's hard to not love an ingredient that loves fat.

And that's exactly what sage does — it partners perfectly with foods rich in oils and fats. That's why it is so common in hearty holiday foods. Actually, that's part of sage's problem too, and why it has a relatively low profile in American cooking compared to other herbs, such as basil and oregano.

In Italy, sage rules saltimbocco and osso bucco. But it's also a natural with butter-drenched pasta — like this one.

1. Bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions. Reserve 1/4 cup of the cooking water, then drain the pasta, return it to the pot, cover and set aside.

2. Meanwhile, in a small bowl, lightly beat the egg. Place the flour in a second bowl, then mix a bit of salt and pepper into it.

3. One at a time, dunk each sage leaf first in the egg, then in then in the flour. Shake off any excess flour, then set aside.

4. In a small skillet over medium-high, melt the butter. When it just starts to bubble, add the sage leaves and fry for 1 to 2 minutes per side, or until lightly browned. Transfer to a plate and set aside. Add the pine nuts to the skillet and toast in the butter that remains in the pan for 1 minute.

5. Drizzle the butter and pine nuts over the cooked pasta. Sprinkle in the Parmesan and use tongs to toss until melted. While tossing, drizzle in just enough of the reserved pasta cooking water to create a thick sauce. Season with salt and pepper.

6. Divide between serving plates, then top each portion with fried sage leaves.

THE ASSOCIATED PRESS

Ingredients

- 1 lb penne pasta
- 1 egg
- 2 tbsp all-purpose flour
- Salt and ground black pepper
- 12 large fresh sage leaves
- 4 tbsp butter
- 1/3 cup pine nuts
- 1 cup grated Parmesan cheese

Penne Bruschetta. No-cook sauce makes a perfect hot weather dish

This pasta dish will be a favourite for summer cooks as the sauce doesn't require cooking over a hot stove. This meal is fast, easy and a perfect pre-exercise dish.

1. In a large bowl, toss tomatoes with onion, basil, parsley, vinegar, salt, pepper and garlic. Let stand for at least 10 minutes.

2. Meanwhile, cook penne according to package directions. Drain well and toss with reserved bruschetta mixture.

3. Toss mixture with olive oil. Taste and adjust seasonings before serving. Serve warm or at room temperature.

THE CANADIAN PRESS/CATELLI HEALTHY HARVEST

Ingredients

- 1 pkg (375 g) whole-wheat penne rigate
- 625 ml (2 1/2 cups) chopped, ripe on-the-vine tomatoes
- 125 ml (1/2 cup) chopped sweet or white onion
- 250 ml (1 cup) loosely packed, chopped fresh basil leaves
- 125 ml (1/2 cup) loosely packed, chopped fresh parsley
- 15 ml (1 tbsp) sherry vinegar or balsamic vinegar
- 2 ml (1/2 tsp) each salt and pepper
- 4 cloves garlic, finely chopped
- 15 ml (1 tbsp) extra-virgin olive oil

SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 20

Gardeners beware: Some climbing plants can be thugs

Choose carefully.
Some plants can be invasive, but don't let that discourage you

Few plants adorn arbors or trellises as beautifully as flowering vines. They also can enhance the landscape with fragrance, provide shade and screen unsightly views.

But be careful which varieties you choose. Some vines can be thugs.

Vines are vigorous growers, which can be both good and bad for impatient gardeners. Fast-growing varieties provide thick barriers that screen well-tended yards from unpleasant backdrops. But they also might overwhelm narrow planting beds and spread beyond their intended sites. That means constant monitoring and frequent pruning.

"There's nothing like vines for softening garden fixtures," said Bob Polomski, a horticulturist and arborist at Clemson University in Clemson, S.C. "Most are perennials and come back every year, heavy with blooms. They also provide a cooling shade, which is especially welcome in the South."

Knowing where to place vines is critical, Polomski said. "Wisteria produces beautiful blooms, but that attracts bees." he said. "Putting vines around mailboxes may not be such a great idea for mail carriers, either."

None of which should discourage property owners from adding vines to their landscape. They simply need to plan first.

Vines climb in different ways, which may help determine which variety to choose: clinging, twining or sprawling.

Clinging vines, such as Virginia creeper, trumpet vines and ivy, have adhesive tendrils or rootlets that hold them to flat surfaces as they grow. That can make them difficult and even damaging to remove if the vines are attached to shingles or wood siding.

Twining vines, such as clematis, jasmine, wisteria and morning glories, spiral upward, looping around poles, latticework or fences.

Roses, bougainvillea and sweet peas are sprawling plants that often must be tied to a trellis, especially when getting started.

THE ASSOCIATED PRESS

Tips

A few things to consider when adding plant supports

- Give vines space to breathe to prevent mould and decay. Set freestanding trellises a few inches away from structures.
- Opt for strength and size when setting up an arbour, trellis or pergola. Vines can live for decades and grow heavy with age.

Roses are shown against a trellis. DEAN FOSDICK/THE ASSOCIATED PRESS

A double arbor is framed by Laburnums. DEAN FOSDICK/THE ASSOCIATED PRESS

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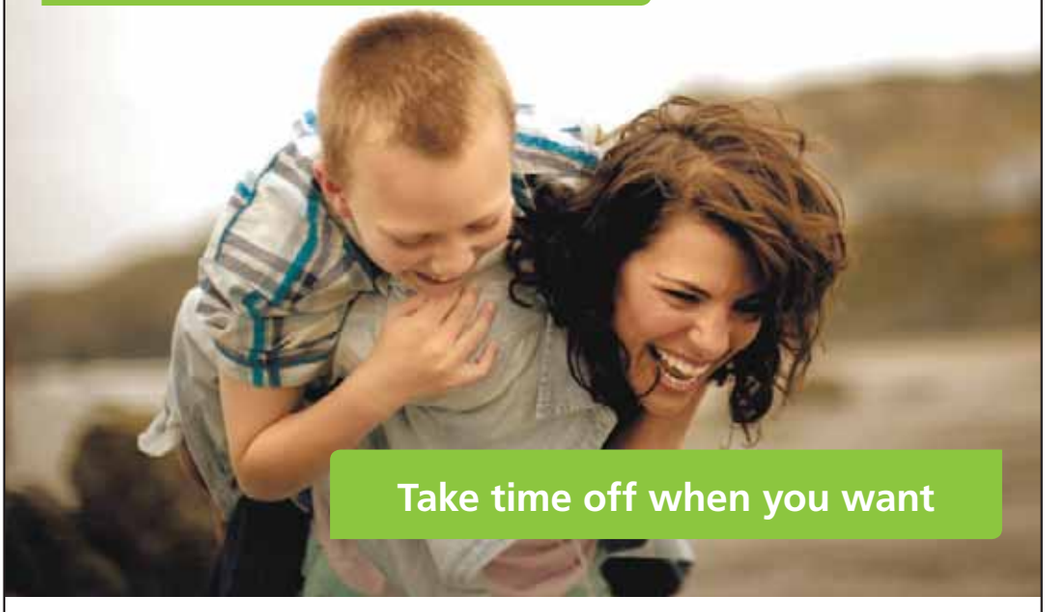

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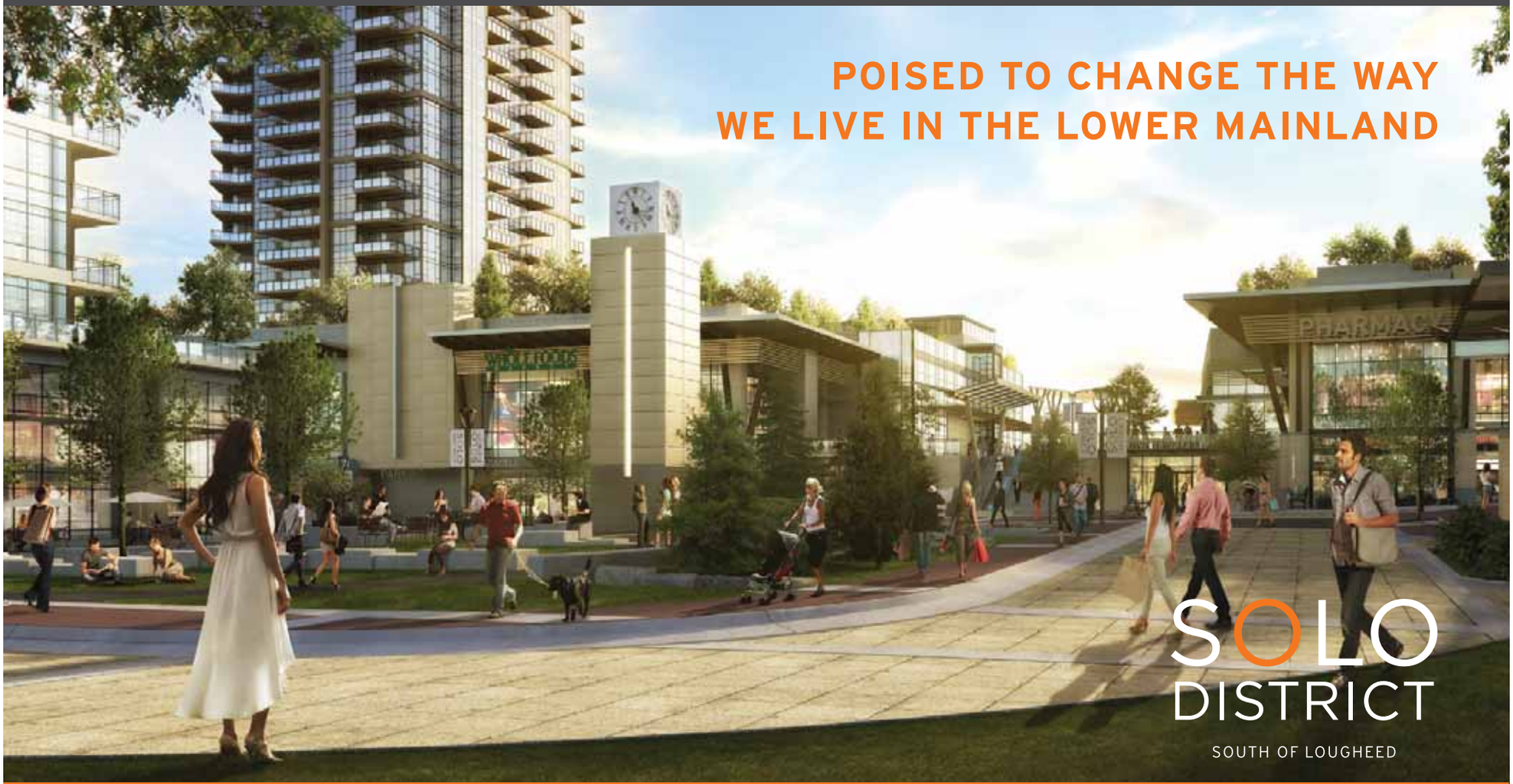

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How to work from home — in style

Design meets function. Consider wood tones, fabrics, furniture and storage as part of your decorating scheme

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Beginning in the fall, I will be working part-time from home. To accommodate this I need a small desk area for my laptop and storage, which will all need to go in my living/dining room. Any suggestions on how this could work?

The last thing you want is to set up an obvious office in the middle of your entertaining space, especially when you won't be using it full-time.

I suggest creating a desk area that blends with your current decorating scheme. Consider wood tones, fabrics, furniture styles and method of storage as your key components when deciding how to decorate.

Organic Chair, $278, homesav.com

An option for a discreet, non-traditional desk could be something as simple as a modern Parson-style console table, an antique secretary china cabinet (that also offers decorative display) or a retro-looking desk that is both sculptural and practical.

Nailhead Upholstered Storage Bench, $479, westelm.com

A casual home office desk can be something as simple as a sofa table. HANDOUT

If you are only using an office chair for an hour or so each day then choose something comfortable yet super-stylish, rather than the standard five-wheeled executive chair.

Match the chair's style to the desk; if you've chosen a retro desk, then choose a retro chair. The chair should blend well enough into your living room's decor scheme that it could be used as extra seating without looking out of place.

There are two types of storage: decorative storage that is close at hand (for monthly files, receipts and reading materials) and a long-term storage option such as a locker or an upper shelf in a closet to hide taxes, old files and rarely used office supplies.

Crane Desk, $765, crateandbarrel.com

Once you choose your desk, chair and storage, the fun begins. Treat yourself to a few accessories, such as wall sconces, artwork, lamps and other decorative accessories, that blend with your living room's decor and finish off the new work area.

Want to look professional during a Skype conference call? Make the background a neatly arranged bookshelf (with books), not a messy kitchen with your cat on the counter.

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4 SPORTS

MLB

"I hit it so flush, and it was just a long fall. I felt like I was in the air for like five seconds."

Langley native Brett Lawrie was chasing a shallow popup by Mark Teixeira of the Yankees Wednesday in New York when he somersaulted over an unpadded railing and slammed his right leg onto it inside a deep camera well. X-rays were negative and he is day-to-day. Lawrie hopes to play Friday.

"It's just a little stiff. It felt like somebody just kind of took a bat and just crushed me in the back of the leg."

Brett Lawrie

THE ASSOCIATED PRESS

Mobile sports

The Brooklyn Nets' public courtship of Magic centre Dwight Howard has come to end — for now. The Nets signed Brooke Lopez to a four-year, $61-million US extension on Wednesday and the seven-footer says he's harbouring no hard feelings. Scan the code for the story.

Los Angeles Galaxy goalkeeper Josh Saunders allows a goal by the Whitecaps' Barry Robson during the first half of their match Wednesday in Vancouver.
DARRYL DYCK/THE CANADIAN PRESS

Whitecaps fail to protect 2-goal lead

MLS. Vancouver settles for draw with L.A. Galaxy as David Beckham plays role of spoiler

Wednesday's game

Whitecaps	Galaxy
2	2

Second-half substitute Jose Villarreal scored in the 87th minute to give the Los Angeles Galaxy a 2-2 tie with the Vancouver Whitecaps in MLS action Wednesday night.

David Beckham also scored for L.A. in the second half as the Galaxy overcame a 2-0 deficit. Gershon Koffie and Barry Robson scored first-half goals for the Whitecaps.

The defending-champion Galaxy (8-10-3) remain four points back of the Whitecaps (8-6-7) in the race for fifth place in the Western Conference.

Vancouver had lost its three previous meetings with L.A. by a combined 10-0 score.

Beckham started the play that set up L.A.'s tying goal as he lobbed a lead ball to Juninho, who then tapped the ball on to Villareal. The 18-year-old made no mistake, quickly putting in a high shot.

Beckham played the role of spoiler after the sellout crowd of 21,000 greeted him with boos, mixed with a few cheers, the first time he touched the ball.

Koffie opened the scoring in the 17th minute following a turnover by Beckham. Vancouver's Brazilian striker Camilo blocked the Englishman's clearing attempt and the ball fell to Koffie. Camilo was knocked down as he ran into a defender, but play continued and Koffie put home a low left-footed shot off L.A. goalkeeper Josh Saunders' hand.

The goal came moments after Vancouver goalkeeper Joe Cannon caught a dangerous curling Beckham cross into the 18-yard box.

Robson gave the Whitecaps a 2-0 lead in the 27th minute as he headed in Young-Pyo Lee's left-footed cross from the right flank, one of the few times in the Whitecaps' season-and-a-half MLS existence that they have scored on a header off a set play.

Robson, a designated player, made his home debut after starting his Vancouver tenure on the road. According to a Whitecaps spokesman, the goal was the 100th of the Scottish international's career.

The Whitecaps were credited with six attempts on goal, compared to three by L.A. in the first 45 minutes.

Vancouver played without injured strikers Eric Hassli (ankle), Omar Salgado (foot), and Atiba Harris (knee), along with midfielder John Thorrington (quadriceps).

THE CANADIAN PRESS

NHL

No date-rape charge for Kings' Doughty

Prosecutors have declined to file a date-rape charge against Los Angeles Kings star Drew Doughty, citing insufficient evidence.

The Los Angeles County District Attorney's Office issued a report Wednesday concluding there was not enough evidence to prove the case beyond a reasonable doubt.

A woman who accused Doughty of raping her said she had consensual sex with him previously.

She told of drinking with him at a Hermosa Beach bar, then going to his home, where she alleged he assaulted her.

THE ASSOCIATED PRESS

Drew Doughty
GETTY IMAGES FILE

Cycling

Wiggins' lead grows in France

Cadel Evans' hopes of retaining his Tour de France title collapsed Wednesday in the first day of Pyrenees punishment, losing ground to leader Bradley Wiggins in the 16th stage won by Thomas Voeckler.

Evans fell from fourth to seventh overall after struggling on the last two climbs out of four in the stage.

Also Wednesday, Luxembourg rider Frank Schleck denied taking any banned substance despite testing positive for a forbidden diuretic at the Tour de France, and has suggested he may have been poisoned.

He requested the "B" sample to be tested.

THE ASSOCIATED PRESS

NHL labour talks remain peaceful for now

NHL commissioner Gary Bettman speaks to reporters on Wednesday in New York. JASON DECROW/THE ASSOCIATED PRESS

The NHL and the NHL Players' Association resumed labour talks at the league offices in New York on Wednesday.

The two sides held a cordial meeting for more than two hours in another round of negotiations for a new collective bargaining agreement before the current one expires on Sept. 15.

Executive director Donald Fehr said the NHLPA has not yet decided to make a counter-offer to the league's initial proposal last week.

"We requested further information," Fehr said. "The initial proposal we are looking hard at.

"We're not at that stage (to submit a counter) yet. At the appropriate point in time, we'll make our proposal."

There were multiple reports coming out of the last round of talks that the owners' offer included players' hockey-related revenues getting slashed from 57 per cent to 46 per cent. It also was reported that players would be forced to wait 10 years before becoming unrestricted free agents and that contracts would be limited to five years.

Fehr said the NHLPA would submit a proposal "at the appropriate point in time." He did not specify when that would be.

NHL commissioner Gary Bettman said the league's offer last week was a "serious proposal." THE ASSOCIATED PRESS

Quoted

"We have a lot of work to do and a relatively short time."

NHL commissioner Gary Bettman

Emilie Heymans dives in the three-metre springboard event at the Canadian Olympic trials in Montreal in May. STEVE RUSSELL/TORSTAR NEWS SERVICE

Heymans plunging towards history

Diving. One more podium finish will put Canadian legend in league of her own

Emilie Heymans could earn a special place in the annals of the Olympic Games this summer in London.

A podium finish in one of her two events would make her the first diver in history to win a medal at four consecutive Olympics.

Her record is already impressive: She has won at least one medal in each of the major multi-sport games — Olympic, Commonwealth and Pan American — since her arrival on the international scene in 1999. In addition to her 15 medals, she won the 2003 world championship in the 10-metre tower and was runner-up in the three-metre springboard at the worlds in 2009.

But Heymans is not the type to dwell on her list of accomplishments. Leave that to her biggest fan, her father Eric Heymans.

"My father is very involved in my career," says the 30-year-old diver. "He manages my sponsorship and media requests. I consult him often and he's the person whose opinion matters most to me."

In fact, Heymans has always relied on the support of both her parents throughout her career. Both were elite athletes in their own time.

Eric Heymans played soccer in Belgium, his home country, and her mother, Marie-Paule Van Eyck, competed in Montreal's 1976 Olympics as a member of the Belgian fencing team.

"We have always considered it a privilege to support her career," said her father.

No matter what happens in London, Heymans has already realized her dream.

"My childhood dream was just to go to the Olympics," says Heymans. "It remained a dream and I didn't think I could achieve it. So to have taken part four times, it's really extraordinary."

After the London Games, Heymans plans to retire from diving to begin another career she believes will be just as exciting. With a degree in fashion marketing, she's working on developing her own line of swimwear.

THE CANADIAN PRESS

Playing hurt just part of Olympic sacrifice

When Canada's Olympic athletes prepare to dig in their oars, power down the track or execute a gravity-defying manoeuvre on the uneven bars, many may start with a silent prayer: "Please, God, don't let me get injured."

Pushing their bodies to the limits of physical endurance, competitors are all too aware they could pull a hamstring, sprain an ankle or worse.

"Injuries are unfortunately an inevitable part of physical performance," concedes Dr. Penny Werthner, a sports psychologist at the University of Ottawa who works with the national canoe-kayak team and diver Emilie Heymans.

And while most athletes gunning for Olympic medals are reluctant to speak about it publicly, many are likely nursing sore muscles and joints and keeping tabs on other not-quite-perfectly healed injuries as they prepare for London.

"I think every athlete who reaches any kind of high-performance role at the world and Olympic level has probably had several serious injuries as a result of hard training, breaking something or pulling muscles," says Werthner.

Kyle Shewfelt is a case in point.

The Calgary gymnast captured the gold medal in floor exercises at the 2004 Olympics, but 11 months before the 2008 Games, he broke both upper tibias after a mistimed landing on the vault at a World Cup event.

Surgery and months of rehab, followed by hard training, allowed Shewfelt to compete at Beijing, though his performance couldn't match pre-injury levels. But even before shattering those shin bones, he was no stranger to serious injury.

In spring 2004, he severely bruised the main bone in his ankle and wasn't able to resume practising his routines until about a month before the Athens Games.

"Advil was my best friend," Shewfelt quips.

"I think many that are competing at the Olympic Games are on a heavy dose of anti-inflammatories. But it's just par for the course."

THE CANADIAN PRESS

Quoted

"When you're a gymnast, you really are dealing with an injury every day. That's kind of the reality of it. There's always something that hurts."

Calgary's Kyle Shewfelt

Basketball. With NBAers in town, largely ignored hoops gets some attention

The question would be almost unimaginable in North America.

"Who's No. 6?" a reporter asked a U.S. official.

Yes, even LeBron James isn't recognized everywhere in Britain, where soccer is king and basketball is an afterthought.

That will change at least briefly in Manchester on Thursday, with James and the U.S. Olympic team bringing it some rare attention with a game against Britain.

It's only an exhibition, so the result doesn't matter. But the event does, to those who want to see basketball gain a place in Britain's sports culture.

"This is a massive opportunity for British basketball to get some oxygen, to breathe life into the sport in this country," said Chris Mitchell, who calls Britain's games for BBC Radio. "Team USA being here is arguably the biggest-ever game this country has hosted." THE ASSOCIATED PRESS

LeBron James THE ASSOCIATED PRESS FILE

Quoted

"They will represent their country, they will cheer on their team and hopefully we can just play well in front of them."

LeBron James on playing in Manchester, England, on Thursday.

Sex in the village. Party time for athletes fuelled by testosterone in London

Sex and the City move over. Here comes Sex in the Village. Make that athletes' village. As in Olympics.

Tales of shenanigans at the living quarters for 10,000 superfit young men and women have always abounded, and London doesn't look as if it will be any different.

U.S. women's soccer star Hope Solo recently dished about serious partying at the Beijing Games, and some newly arrived athletes say they can hardly wait for the fun to begin.

Most will restrain from going too far, aware they're in the international spotlight.

Still, there's no need to be prudish, according to the man overseeing the health of the Brazilian team.

"(Sex) is common at the Olympics. It's necessary. It's natural," Dr. Joao Olyntho Machado Neto said. "If you are going to be healthy people, why not make sex?

"Brazil is very tolerant with sex as a country. We don't have Victorian minds and we're not religious." THE ASSOCIATED PRESS

Quoted

"The Olympics is the height of your career, so you might do some things you don't usually do."

British beach volleyball player Shauna Mullin

Athletes' village

Water runs dry after pipe delays

Parts of the athletes' village at the London Olympics are without water after delays installing pipes.

The café in the village's shopping area was closed for several hours on Wednesday and other "grab-and-go" cafés were also affected.

Organizers expect the issue to be resolved by Thursday.

THE ASSOCIATED PRESS

Security

Border guards vote to strike

The union representing immigration staff at British airports says its members have voted to go on strike in a dispute over pay and job losses.

The vote by the Public and Commercial Services Union raises the possibility of a walkout during the Olympics, although no strike date has been set. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Usually criticism goes right over your head but today it won't be so easy to ignore what others say. Could it be because you know it is true? Maybe you can learn from what they have to tell you.

♉ Taurus
April 21 - May 21
No matter how many important things you have to take care of, you must make time for social activities. Being with fun-loving people will make you feel good too. All work and no play is not a recipe for happiness.

♊ Gemini
May 22 - June 21
The more sacrifices you make in one area today, the more you will gain in other areas. Financially, this is one of the best times of the year to replace the old with the new, so be ready to make changes.

♋ Cancer
June 22 - July 23
A new moon in your sign means you should be making big plans, the kind of plans that get other people talking. If you have a clear goal and always think positive you cannot fail. So what are you waiting for?

♌ Leo
July 24 - Aug. 23
Spend some time by yourself today so you can think about recent events and make sense of what's been happening in your life. Invest in a pair of really good ear plugs and shut yourself off from the world.

♍ Virgo
Aug. 24 - Sept. 23
Self-confidence is essential if you want to make progress, so don't waste time questioning your motives or your methods. Just get on with what you are doing.

♎ Libra
Sept. 24 - Oct. 23
The decisions you make over the next 24 hours will affect your career aims for a long time to come. Make sure you know what it is you want then make the effort to go out and get it. All things are possible.

♏ Scorpio
Oct. 24 - Nov. 22
Today's new moon will do wonders for your self-belief and make it easier for you to take the kind of risks that make good things happen. You will be extremely adventurous over the next 24 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
Do you continue with a business deal that you are increasingly unsure of or do you give up on it? Don't feel you have to carry on just because other people want you to. It's your life and your choice.

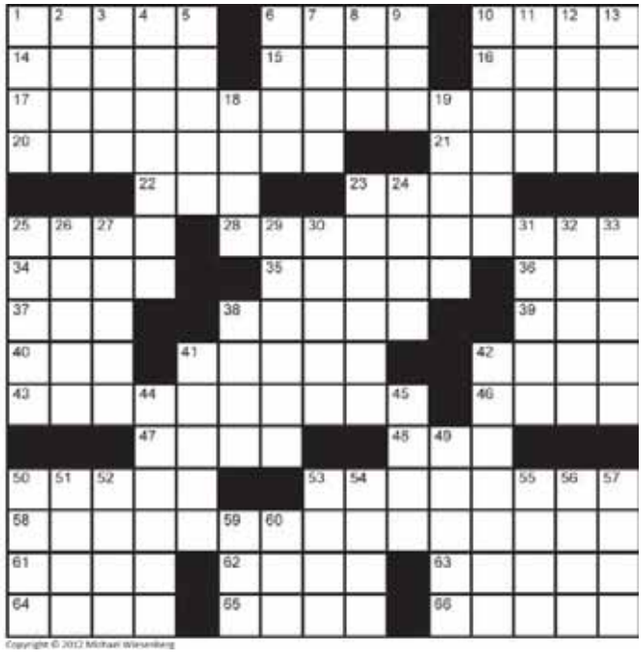
♑ Capricorn
Dec. 22 - Jan. 20
A new moon in your opposite sign of Cancer means a new start is possible for a relationship that has been fading a bit. But don't leave it up to the other person to make the first move.

♒ Aquarius
Jan. 21 - Feb 19
Today's new moon will be good for your health. If you've been thinking about a new fitness regime, now is the time to do something about it. Don't plan far ahead. Take it one gym session at a time.

♓ Pisces
Feb. 20 - March 20
You will be inspired to try something new and exciting over the next 24 hours and chances are you'll like it so much it will become a central part of your life. New things are fun. SALLY BROMPTON

Crossword: Canadian Geography

BY MICHAEL WIESENBERG



Across
1. Emulate a volcano
6. Bay of Fundy fishing village ("Home of the Highest Tides in the World")
10. Imperfection
14. Glass: Fr.
15. Marshy wasteland
16. Jai follower
17. Cape Columbia, located here, is Canada's northernmost land point
20. In Monashee Mtns., BC's West Kootenay region, it's known as the Golden City
21. Ghostly
22. Hearer
23. Former satellites
25. Lady of pop
28. 4 out of 5 of these are partly in Canada
34. Bypass
35. One at ___
36. Preceding
37. ___ vivant
38. Small rural municipality 100 km SW of Toronto
39. Valiant's oldest
40. Country N. of Slovenia
41. "Understand now?"
42. Loonies
43. AB town, region known for dinosaur fossils
46. Badly behaved
47. "___ Dooby": Orbison's first hit
48. Center start
50. Arise
53. Body of water in central Burnaby, BC
58. 2d-highest peak in both Canada and US, on Yukon-Alaska border
61. Once, once
62. Employed
63. Rides for VIPs
64. Loch ___
65. Art Spiegelman won a Pulitzer for this
66. Cowboy's rope

Down
1. Any time
2. Move: real estate jargon
3. Trendy addresses
4. Make formal dinner arrangements
5. Hot electric car
6. Prayer finish
7. Prayer start
8. Larry and Curly's brother
9. Onassis, by nickname
10. 1983 Nobel Peace Prize winner
11. Banned fruit treatment
12. Indian princess
13. All alternative
18. Actress Helgenberger of *CSI*
19. *Comune* in Brescia, Lombardy, Italy, bordered by Nuvolento, Caino, Botticino
23. SK folk musician Buffy ___-Marie
24. Bank printout: abbr.
25. Curdle, as milk
26. Love: Fr.
27. Knife pitched in infomercials
29. Seldom
30. Online selling
31. Canadian star Reeves
32. Flubbed
33. Sixth ___
38. BBC nickname, with "the"
41. Hamilton, ON-born *SNL* alumnus Martin
42. S-Central ON city between Lakes Couchiching and Simcoe
44. Canada's Logan and Lucania
45. "___ Petite": Jackie Wilson hit
49. Alberto VO5 rival
50. Sign
51. Apple piece
52. Say "!@#$%"
53. 7-Down, in parts of Canada
54. Stops
55. Points a gun
56. *Get Smart* villains
57. ExxonMobil's brand in Canada
59. Total
60. Deep ___ well

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6			1		8			
3	4						6	2
	9			3		8		
	8		6	2				3
		7				6		
5				8	1		2	
		9		5			4	
7	2						9	5
			9		2			1

Yesterday's Sudoku

3	1	4	9	8	7	6	2	5
5	7	6	4	2	1	8	9	3
9	8	2	6	5	3	7	4	1
7	6	8	5	4	2	1	3	9
1	9	5	3	7	8	2	8	4
2	4	3	1	9	8	5	7	6
4	2	1	8	6	9	3	5	7
8	3	9	7	1	5	4	6	2
6	5	7	2	3	4	9	1	8

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Know what the weather will be 14 days from now.
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TWN incorporates MSC data

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.916 GOLD COINS	$38.00/g
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.800 SILVER/MEXICO SILVER	$.48/g
.925 STERLING/FLATWARE	$.60/g
.999 SILVER COINS	$.80/g
.925 SILVER COINS	$.68/g
CDN COINS 66 UNDER PER DOLLAR	$13.50/g
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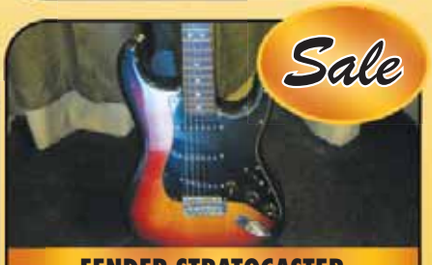
Three Tips You Must Know Before You Sell Your Gold

TIP #1 Know upfront the price per gram the gold buyer is offering to pay you. Each karat of gold ranging from 9k - 24k has its own price per gram based on the percentage of purity.

TIP #2 Know what karats of gold you have. Most pieces of gold will feature a hallmark that identifies the purity in karats. For example, a ring may have a 10k stamp on it or silver will have a 925 stamp.

TIP #3 Know the exact weight of your gold in grams. This can be done by using a small scale.



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